

BREASTFEEDING: Links and Resources

Please Note: These are resource lists for health professionals. If you are a breastfeeding mother or family member and have questions or concerns, please contact a health care providers.

Consultation

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	Description	Access
Your Local Health Centre	Public health nurses with expertise in breast-feeding support	Find your health centre: healthlinkbc.ca/services-and-resources/find-services
BC Women's Breast-feeding Clinic	Clinical support for breastfeeding families (inpatient and outpatient) No referral needed Telephone consultation for healthcare providers in BC	bcwomens.ca/our-services/labour-birth-post-birth-care/breastfeeding-clinic Lactation Consultant Pager: Mon-Fri 8:00-4:00pm Phone: 604.875.4200 Pager: 01445/01767
Vancouver Breastfeeding Centre	Clinical consultation by breastfeeding medicine specialists Referral from primary health care provider required	breastfeedingclinic.com Mon-Fri 8:30-4:00 Phone: 604.738.1912
BC Lactation Consultants	A list of IBCLC's in BC	bclca.ca/Find-a-BCLCA-Lactation-Consultant

General Resources

	Description	Access
Breastfeeding Guidelines	Perinatal Services BC (healthy newborn, preterm, multiples)	Perinatal & Newborn Health HUB: Lactation and Newborn Feeding Support (First/Second Trimester) Lactation and Newborn Feeding Support (Third Trimester) Lactation and Newborn Feeding Support (Post-partum)
Breastfeeding Protocols	Academy of Breastfeeding Medicine (ABM)	bfmed.org/protocols
	Ontario BF Protocols	breastfeedingresourcesontario.ca/sites/default/files/pdf/BFI_Signs_of_Effective_BF_web_final.pdf
Physician Breastfeeding Toolkit	Baby Friendly NL Quick Reference Guide	babyfriendlynl.ca/wp-content/uploads/2023/01/BFToolkitReferenceGUide.pdf
Providing care for LGBTQI+ patients	Academy of Breastfeeding Medicine	liebertpub.com/doi/epdf/10.1089/bfm.2020.29152.rlf
COVID-19 Guideline	PSBC BC Guideline for lactation for individuals who are confirmed or suspect cases of COVID-19	bccdc.ca/Health-Professionals-Site/Documents/COVID19_GuidelineLactationConfirmedOrSuspect.pdf

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Medications, Tests, Treatments *See also breastfeeding protocols on page 1

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	Description	Access
LactMed	Drugs and lactation database from the US NLM	ncbi.nlm.nih.gov/books/NBK501922/
Intravascular Contrast for Imaging Procedures	Manual on Contrast Media – Chapter on Breastfeeding (American College of Radiology)	acr.org/Clinical-Resources/Contrast-Manual Patient Fact Sheet: vch.eduhealth.ca/PDFs/GK/GK.560.7441.pdf
Mental Health (Reproductive Medicine Program)	BCCH Telephone consultation for physicians (medications and breastfeeding)	bcwomens.ca/our-services/mental-health-substance-use/reproductive-mental-health Mon-Fri 9:00-4:30 Phone: 604.875.2025

Resources for Families *Resources on page 1 also helpful

	Description	Access
Baby's Best Chance	Parent's handbook of pregnancy and baby care	healthlinkbc.ca/sites/default/files/documents/BBC_breastfeeding.pdf
BC Women's	Fact sheets and videos	bcwomens.ca/health-info/pregnancy-parenting/feeding-your-baby#Resources
BC Health Authority	Every BC health authority has valuable breastfeeding info/resources listed on their page	Search your health authority (e.g., 'Northern Health' and 'breastfeeding')
Healthy Families BC	Breastfeeding information for families	healthlinkbc.ca/pregnancy-parenting/parenting-babies-0-12-months/breastfeeding
La Leche League	Peer to peer support groups and individual consultation across BC	lllc.ca/lllc-group-listings/BC
Perinatal Services BC	Informal (Peer-to-Peer) Human Milk Sharing Family Information Sheet	perinataleservicesbc.ca/Documents/Guidelines-Standards/HealthPromotion/InformalMilkSharing_FamilyInfo.pdf
	Breastfeeding Your Preterm Baby booklet provides valuable resources for families who have a preterm baby	perinataleservicesbc.ca/Documents/Health-info/Newborn-care/Preterm%20Breastfeeding%20Sept%2014%20SCREEN%20version.pdf
	COVID-19 and Breastfeeding. FAQ on how to safely breastfeed during COVID-19	perinataleservicesbc.ca/Documents/Resources/Alerts/FAQ-Covid19-Breastfeeding.PDF
HealthLinkBC	For more information, call HealthLinkBC at 8-1-1 to speak with a registered dietitian or nurse	healthlinkbc.ca/healthlinkbc-files/breastfeeding-or-chestfeeding